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IN THE SLOW LANE

LIZ BEDDALL/METRO

Pet Freedom Drivers

RESCUE

Volunteers trek to T.O. on July 1 to save animals from pounds

They call it an underground railroad for unwanted animals.

The Freedom Drivers, a network of volunteers across Ontario and Quebec, bring dogs, cats, birds, rodents and even the odd pig as far as Toronto from three animal pounds in Quebec that euthanize animals.

Founded a year and a half ago, the group has transported more than 2,000 animals, volunteers said, and the next few days tend to be their busiest of the year.

Most residential leases in Quebec expire at the end of June. On July 1, known in Quebec as "moving day," tenants pack their bags for a new home, and some leave their pets behind.

Around then, the Freedom Drivers organize five trips a week from Montreal to the GTA and sometimes farther.

As one of three co-ordinators, Lysa Procunier takes care of the logistics to get the animals from Point A to Point B, and everywhere in between. "The drivers incur the greatest responsibility," she said. "They're amazing, wonderful, compassionate, devoted people. They drive through rain, sleet, snow, holiday traffic — you name it, they do it."

In the past year, Pickering firefighter Randy Bedford has volunteered to drive from Port Hope to Toronto. His passengers have varied from cats and dogs to hamsters. Earlier this month, he chauffeured 11 rabbits, five cats and two budgies.

The Freedom Drivers pay for their own gas and other expenses, and although costs can add up, Bedford said it's worth it.

"It's about saving lives. At the end of the day, you feel good that you're a part of it."

The Freedom Drivers don't just transport dogs from Quebec.

Panda, a bulldog-pug mix, was able to undergo an emergency amputation, thanks to Freedom Drivers who brought her to Toronto from Belleville.

"It's pretty incredible the effort people have put into taking care of these animals," said Pat Sparks, who looked after the affectionate and cuddly Panda for the two weeks it took for her to find a permanent home.

"It's crazy to think how her life has turned around because of volunteers." TORSTAR NEWS SERVICE

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Planting to heal

CANOE GARDEN

Acknowledges traditional territory of the Mississaugas

Gilbert Ngabo
Metro | Toronto

A local church and a First Nations community are using a canoe garden as a symbol of reconciliation.

Members of the Kimbourne Park United Church, together with ambassadors from the Mississaugas of the New Credit First Nation, planted about 50 teal flowers in a canoe garden this Monday. They were joined by East York NDP MP Matthew Kellway, as well as volunteers from the Homegrown National Park, a project that is run through the David Suzuki Foundation.

Organizers described this act as "a gesture towards reconciliation," with reference to the suffering that members of the New Credit group endured at the Mount Elgin Industrial Institute, which was administered by the church.

This will mark the first time a garden canoe directly addresses the recent report on residential schools, which was issued by the Truth and Reconciliation Commission last May.

"We are trying to see how we can bring these two communities together in a way that is respectful and restorative," said Aidan Dahlin Nolan, one of the project leaders.

"It's using planting as a way connecting people, bringing them together to talk about their experiences and reflect on reconciliation."

All the foliage in the canoe garden was chosen from the many traditional medicinal plants, reflecting the significance in the aboriginal culture, he said.

The garden acknowledges the traditional territory of the Mississaugas and includes artist Phil Coté's famous drawing of Anishinabe Moccasin Identifier, which will be stuck directly to the canoe.

"This is our first healing garden," he said. The hope is that the interaction between Coté's drawing and the canoe garden itself "can engage us in the process of reconciliation by reminding us of the importance of the land and water we all share," he said.

A volunteer with the Homegrown National Park project, Nolan has led initiatives to raise funds and collect old canoes to be used for bee, bird and butterfly-friendly gardens. The project has created over 20 canoe gardens around the Garrison Creek and in Brampton areas.

Local church and First Nations communities join together to create a canoe garden as a symbol of reconciliation. LIZ BEDDALL/METRO

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Three lanes of regular traffic, left, and one lane for HOV carpoolers, right, are now running on the DVP. LIZ BEDDALL/METRO

The Pam Am Games HOV lanes kicked into effect on Monday morning. One lane each of highways 401, 404 and 427, the Don Valley Parkway, the Gardiner Expressway, the Queen Elizabeth Way, Lake Shore Boulevard and Jane Street are now reserved for media, athletes, Games-accredited vehicles, emergency vehicles, public transit, electric vehicles with green licence plates — and vehicles with three or more people. Metro decided to find out just how much time the HOV lane can save, travelling from 1 Yonge St., up the DVP to Fairview Mall on Sheppard Avenue East.

HOV Total time: 18 minutes

Jessica Smith Cross
Metro | Toronto

It feels pretty great to fly past a lineup of slow-moving vehicles. I like Matt LaForge, but I definitely felt a sense of na-na-na-na-naa when we breezed past him on the DVP.

Jessica Smith Cross riding shotgun with Fernando Carneiro. LIZ BEDDALL/METRO

"This is amazing," my travelling companion Fernando Carneiro said, clearly enjoying the HOV freedom.

We left with our colleague Liz Beddall at 4:53 p.m. and were on the parkway soon after.

For the first five minutes, we trailed behind an SUV with a single occupant who was illegally driving the HOV.

Police were patrolling and stopped at least a few people doing the same.

Fernando held a steady clip of 80 to 90 kilometres an hour on nearly the entire length of the Don Valley Parkway.

We got bogged down once when the taxi in front of us needed to merge right in order to exit, slowing to crawl while he searched for a gap.

Things got a little choked another time when everyone slowed down to rubberneck as a police officer pulled over an HOV cheater.

It was a fun drive, and a stunning reminder of how many people drive to work and back alone.

UGH Total time: 43 minutes

Matt LaForge
Metro | Toronto

I had hoped to catch a glimpse of my fancy-free trio of colleagues as they passed me in the HOV lane on my left (I exited the Metro parking lot about a minute before they did) but I must have blinked at the precise moment when they zipped by at a clip I can only conjecture was healthy but not in excess of posted speed limits.

So here I sit alone, windows open, traffic noise drowning out the New Yorker podcast I had downloaded for the trip, iPhone and its universe of illicit-while-behind-the-wheel delights taunting me from its perch in the oversized cupholder (I drive a domestic for a reason). Nothing to do but sit, stare, stew, idly rub off the steering wheel's thin layer of gelatinized palm grease, and resolve never — ever — to do this again.

Not until I'm north of the York Mills exit does the needle hit 90 km/h for the first time since I could see the Don River, but mercifully the flow of traffic remains brisk from that point until I pull into the Fairview Mall parking lot. I will have burned almost 90 valuable minutes' worth of my workday by the time this stunt is over. I think I'm entitled to an Orange Julius. I park the car and make for the food court.

Matt LaForge, pre-DVP trip. LIZ BEDDALL/METRO

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Rain, rain not going away

WEATHER

Some events are a washout after showers

Gilbert Ngabo
Metro | Toronto

In case you're wondering, it's been the wettest month of June in Toronto in some time. How wet, exactly? Well, in the vicinity of all-time record, according to Environment Canada.

"There's been a lot of it," said Geoff Coulson, a meteorologist with Environment Canada's Ontario office. Normal rainfall for the month of June is slightly over 70 millimetres, but this month has already recorded "over double what we would expect," he said.

More showers are expected in the forecast as we inch closer to Canada Day — there's a 30 per cent chance of showers Wednesday — and Coulson wouldn't exclude the possibility of rivalling the highest record, set in 2010.

"It's still going to be unsettled with a few showers here, but nothing widespread," he said.

As for the temperature, Toronto should be hovering around 26 degrees this time of the year. We'll be stuck in the lower 20s even for some of the first weeks of July, he said.

The current extreme high levels of precipitation have forced many outdoor activities to be cancelled, including a major youth soccer tournament to abandon activities midway through the competition.

A woman runs for cover during a downtown Toronto downpour. TORSTAR NEWS SERVICE FILE PHOTO

The Robbie International Soccer Tournament opted to ditch the remainder of its 49th annual competition this weekend, following a two-day rainfall that left playing fields "looking like lakes."

"It hurt like hell," said Mike Ellis, chair of The Robbie, of the cancellation.

It serves as a fundraiser for the Cystic Fibrosis Canada, and collected $40,000 for the charity this year.

The rain from the past few days left the fields totally unplayable and made playing conditions impossible, he said.

"We were profoundly disappointed, but continuing to play would have been an invitation to injuries."

What made the decision particularly saddening is the amount of preparation that goes into holding the contest, said Ellis. This year had drawn more than 300 teams — both boys and girls under 18 — from across the border in Chicago and from as far away as Montego Bay, Jamaica. More than 100 games were canned as a result of this decision.

"It is an enormous disappointment for organizers, referees, the volunteers and all the team players," he said.

The tournament uses about 20 pitches in and around the Scarborough area, the majority of which are controlled by the city's parks and recreation department.

IN BRIEF

Two highrise shooting victims identified

Police have identified Abdiweli Abdullahi and Mohamed Abdiwal Dirie, both 26 years old, as two Toronto men who died in a shooting at a highrise on Sunday morning. Both men were pronounced dead at the scene on Lisgar Street after emergency crews arrived around 7 a.m. Police are looking for four people of interest described as dark-skinned men in their mid-20s, one of whom was described as east African with a "distinct southern American drawl."

THE CANADIAN PRESS

Police warn public of scams

Police are warning the public about a scam in which callers impersonate officers, border guards and federal officials threatening arrest if money isn't sent. Toronto Police say phone calls appear to come from official numbers related to police officers, the Canada Revenue Agency, the Canada Border Services Agency, Immigration Canada and Hydro One.

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Staff cheesed off over unpaid wages

BUSINESS

The Grilled Cheese facing scrutiny after complaints

Kris Kadas, 29, is accusing The Grilled Cheese, a popular Kensington Market spot, of refusing to pay him $856.75 in wages. He says others have the same complaint and he's taking the fight to the labour board. COLE BURSTON/TORSTAR NEWS SERVICE

Kris Kadas was only trying to help a friend out when he took a gig behind the counter at The Grilled Cheese.

A pal of his had become manager at the Kensington Market restaurant in April and she was looking for some staff. It seemed like a good opportunity, thought Kadas, who had a resumé filled with experiences at other kitchens and was eager to spend hours toiling over a grill, masterfully crafting cheesy sandwiches.

But months later, that enthusiasm has turned to regret.

Kadas claims he is owed $856.75 in unpaid wages. That amount, he says, is part of a total somewhere in the thousands collectively owed to a handful of workers, who Kadas says were often paid in cash. He detailed the experience on Reddit.

In a string of text messages Kadas showed Torstar News Service between himself and a phone number that former workers identified as belonging to The Grilled Cheese owner Robbie Yuill, Kadas repeatedly asked for the owed money.

The texts he got back included: "Hey why don't you come over here stand right in front of me my brothers want to talk to you too."

Kadas fought back, telling Yuill: "you need to treat your workers better," but he still received no pay.

"I said I wouldn't come in unless I got paid," Kadas told Torstar. "I was written off the schedule, and then people started taking on my shifts."

Yuill did not respond to repeated attempts by Torstar to contact him about Kadas and others voicing their unpaid-wage complaints.

Once Kadas started talking to various media companies, he got a message from Yuill, which he showed to Torstar.

"hi there just wondering where abouts you live…? I wanted to … send some … money over to you," it said. "Oh look at that I have your information right here. Oh wait I'm right out front."

> **I have had a rough go and an eviction notice looming over my head.**
> Anna Costa, ex-manager, The Grilled Cheese

The messages worried Kadas, who alerted police and took his complaints about unpaid wages to the Ministry of Labour.

Ministry spokesman William Lin confirmed that two complaints about the business and unpaid wages had been received on Thursday. He said they were being investigated.

Rex Burton, another former employee of The Grilled Cheese who claims he is owed $310, said he was also contemplating taking his concerns to the ministry.

Anna Costa, the friend who hired Kadas and Burton, says she is out about $840. She said she has tried to contact Yuill several times but has never heard back from him.

TORSTAR NEWS SERVICE

A LOT HAS CHANGED OVER THE YEARS

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Canadian students are more connected, more mobile and more social than ever before

24% of Grade 4 students, **52%** of Grade 7 students, and **85%** of Grade 11 students own a cell or smartphone.
Source: Media Smarts Survey 2014

39% of students with cell phones sleep with them.
Source: Media Smarts Survey 2014

Among grades 4-6 students, **30%** have a Facebook account and **16%** have a Twitter account even though they're barred for users under the age of 13.
Source: Media Smarts Survey 2014

A Kids Help Phone study reported that **70%** of the kids surveyed have been bullied online, and **44%** admitted to bullying others.
Source: Kids Help Phone (Cyber-bullying: Our Kids' New Reality) (2007)

36% of Grade 11 students with access to a cell phone have received a sext.
Source: Media Smarts Survey 2014

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COURT

Author loses contract appeal

A Toronto mystery author may have lost an appeal around a contract dispute for her books, but at least she has a fan in one of the judges.

Louise Penny wanted to end an agreement with PDM Entertainment Inc. for the made-for-TV rights to her books after an initial two-year term.

She was appealing a judge's earlier decision that sided with the company, after it gave her notice that it was invoking an extension clause to add another year to their contract.

The Ontario Court of Appeal dismissed her appeal, saying the company is allowed to extend the agreement.

But even though the court rejected her submission, Justice James MacPherson, writing for the three-judge panel, praised Penny's novels, calling them delightful.

THE CANADIAN PRESS

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Cellphones that hit the market in the 1980s were anything but slim and sleek. TORSTAR NEWS SERVICE

4 THINGS TO KNOW ABOUT TORONTO'S FIRST CELLPHONES

The people of Toronto made their first cellphone calls 30 years ago this Wednesday. The launch of the first nationwide cellular network on July 1, 1985, allowed rich business types and flush tech enthusiasts to call anyone in the country without access to a land line — a technological marvel. Before cellular technology, mobile phones used radio frequencies and were severely limited in range and number. These are four things to know about Toronto's first cellphones and the scene they broke into. **CHRIS BATEMAN** FOR METRO

1 A game of two

When cellular technology officially launched, Bell Cellular and Cantel were the only carriers available in Toronto. Cantel had a licence from the federal government to operate a national network, while Bell was confined to the GTA. By the end of the first year, there were roughly 6,000 cellphone subscribers in Canada.

2 Weighty and cumbersome

Handheld phones with a built-in rechargeable battery weighed about a kilo in 1985, roughly as much as a pineapple. Handsets with portable briefcase power packs tipped the scales at 10 kilos. One cellphone skeptic, Kenneth Cox, who worked for New Brunswick Telephone Co., said the phones wouldn't take off until they were "small and cheap enough to be surgically implanted in someone's head."

3 Big payout required

Both Bell and Cantel offered phones ranging from $2,495 to a whopping $6,000 in 1985. To put that in perspective, those prices would be equal to between $5,000 and $12,000 today. Leasing a phone cost $99 a month ($200 in 2015) over 3½ years with a $295 down payment. Typical plans cost between $150 and $200 a month (or $300-$400 in today's money.)

4 Just a trend?

Sky-high prices and limited portability meant that in 1985, cellphones were strictly the preserve of high-flying people in the business world. "It is not exactly a consumer product," said David Parkes, vice-president of Cantel, in 1985. "But it's very affordable for people who value their time." Parkes predicted cellphones would eventually become wearable. "At one point in time, all these conversations end up with the telephone watch," he said.

KEY MOMENTS IN CELLULAR HISTORY

July 1, 1985 — Cell service launches in Canada. Cantel (now Rogers) and Bell Cellular are the first to accept customers in Toronto.

1990 — The number of cellphone users in Canada passes 500,000.

1992 — 1 million Canadians own cellphones.

1996 — Fido is launched by Microcell Solutions Inc. The company was purchased by Rogers Communications in 2004.

1996 — Motorola releases the StarTAC, the first "clamshell" flip phone.

1999 — The Nokia 3210 launches in Canada.

2000 — Telus goes national with the $6.6 billion purchase of Clearnet.

2008 — Rogers is the first Canadian cell provider to sell the iPhone.

2015 — More than 28.4 million Canadians own a cellphone, according to the Canadian Wireless Telecommunications Association.

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Markham: City of champions

SPORTS

Hall of Fame project will honour city's top athletes

Which GTA municipality has produced a host of world champions, NHL stars and Olympic athletes?

We won't hold it against you if Markham wasn't the first to come to mind, but the city wants to change that with the opening of a Sports Hall of Fame to celebrate its residents' athletic achievements.

Last week city council approved the project, to be set up in the new PanAm Centre. The city wanted to find a way to ensure Markham's contributions to sport were recognized even after the games were over.

Toronto has its famous Hockey Hall of Fame, but not one dedicated to all sports. Aurora established one in 2013, and Hamilton has had one since 2010.

"Our mission was to come up with a legacy project that would linger on ... once the games are over," said Ron Anderson, chair of the sport development committee, which came up with the idea.

"We decided that we had this building, this key focal point for sports, but we didn't have a place to recognize all the people with links to Markham who are athletes," he said.

To be nominated, candidates must have a widely recognized connection to Markham, including: being born in Markham, growing up there, living or working in Markham at the time of achievement, or having been a member of a team competing for Markham.

"There are a number of residents who, for example, are currently or were at one point athletes who have won Olympic medals," said former Olympian Bill Crothers, one of the minds behind the Hall of Fame project.

The city will pay for the $25,000 upfront cost, but it's expected the program will become financially sustainable.

The first induction ceremony will be in the fall of 2016.

Some of Markham's top athletes include:

Steven Stamkos, of the Tampa Bay Lightning, is one of the top stars in today's NHL. THE ASSOCIATED PRESS

Gillian Apps is a three-time Olympic gold-medal winner on the national women's hockey team. STEVE RUSSELL/TORSTAR NEWS SERVICE

Michelle Li
Considered to be Canada's most successful female badminton player, the 23-year-old is a two-time Pan Am champion and Commonwealth Games gold medallist. She had Canada's best showing at the London 2012 Olympic Games, where she finished fourth in doubles. She's currently ranked 15th in the world.

Cliff Thorburn
In 1980 Thorburn won the World Snooker Championship to become the first non-Englishman to win the title in almost 100 years. He also became the first player to ever score a perfect match in the championship, sinking 15 red balls, 15 black and all the colours in order without a break. He is a member of the Order of Canada.

Gillian Apps
One of the longest serving members of Canada's national women's hockey team, she is a three-time Olympic gold medallist, three-time world champion and five-time world silver medallist. She also comes from a long line of hockey heritage: she is the granddaughter of Leaf legend Syl Apps.

Steven Stamkos
Stamkos is team captain and plays centre for the NHL's Tampa Bay Lightning. He was the first overall draft pick into the NHL in 2008, and won a silver medal at the World Championships in 2009. TORSTAR NEWS SERVICE

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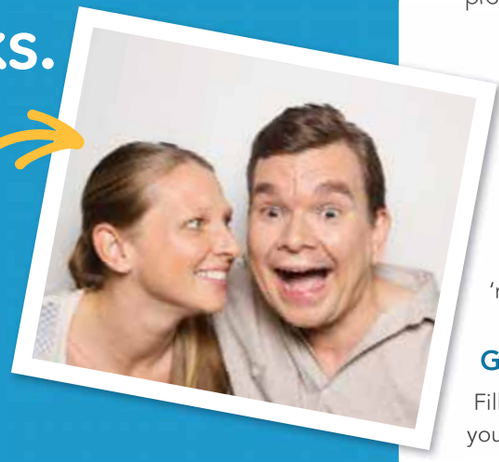

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5 WAYS TO PARTY LIKE A CANADIAN

There are tons of Canada Day events planned across the GTA. This is just a sampling of the ways to let your red-and-white flow free. TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE FILE

Acrobats 'n' bands at Mel Lastman Square

The City of Toronto will host a celebration at Mel Lastman Square. The festivities, scheduled to start at 5 p.m., will feature acrobats, face painting, bands and a fireworks finale.

Early-bird fireworks at the Harbourfront

Harbourfront Centre is kicking off the party early with fireworks on June 30. The party carries over into the actual holiday with live music and dance performances throughout the day.

Rocks and rockets at Queen's Park

The Canada Day celebration at Queen's Park will include a rocket-making workshop, a rock-climbing wall, face painting, midway rides and a 21-gun salute at noon. It's all happening from 10 a.m. to 5 p.m.

East York's 58th big-day parade

East York's 58th annual Canada Day parade will start at Dieppe Park at 10 a.m. and make its way to Stan Wadlow Park by noon. Celebrations at Stan Wadlow Park will begin at 11 a.m., ending with fireworks at 10:15 p.m.

Pan Am dance at Dundas Square

The Community Folk Art Council of Toronto is hosting a Multicultural Canada Day Celebration at Yonge-Dundas Square. It starts at noon, showcasing dance and music groups from the Pan American countries in partnership with the Pan Am Games.

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The 'sorry' state of Canadian manners

We're really sorry, but could we beg your pardon? We know you're probably busy, but, honestly, this will only take a couple minutes. We were just hoping — and please forgive us for this — to discuss our nation's collective impulse to apologize.

Thandi Fletcher
Metro | Vancouver

There's a joke that asks: "How do you get 200 Canadians out of a swimming pool?" The answer: "Please get out of the swimming pool."

Canadians are famously polite — so much so that their reflexive use of the word "sorry," even when their behaviour doesn't warrant it, has become as closely identified with this nation as hockey, maple syrup and poutine. Someone bumps into a Canadian on a sidewalk, and no doubt, the Canuck is apologizing for getting in the way.

Canadian actor and comedian Colin Mochrie poked fun at the stereotype in a satirical segment on the show This Hour Has 22 Minutes, apologizing to all Americans by saying: "On behalf of all Canadians, I'm sorry that we're constantly apologizing for things in a passive-aggressive way, which is really a thinly veiled criticism."

With little data to support the stereotype, however, is there any truth to the perception of Canadians as a nation of apologetic people — and if so, why are we all such a sorry bunch?

As a Canadian living in California, Stanford University psychologist Karina Schumann said she is often confronted with Americans' perception of the profoundly "polite Canadian."

"Everyone I meet is like, 'Oh, I love Canadians! You guys are so polite. You say sorry all the time,'" she told Metro.

"They seem to notice it, while Canadians might comment on Americans being unapologetic, perhaps."

While she's unaware of any research to back up the stereotype, Schumann is an expert on apologies. As a doctoral student at the University of Waterloo four years ago, she researched gender differences in apology behaviour.

Through a study that polled subjects on hypothetical offence scenarios, she discovered that, although men and women reported the same proportion of offences, women felt more transgressions were deserving of an apology and would be more likely to say sorry.

In essence, women apologize more than men.

If the Canadian stereotype is true, Schumann said, the behaviour might be based on many of the same reasons that women say sorry more frequently than men.

"It could be that we're focused on being polite, kind of brought up in that type of environment, and it goes along with other polite behaviours," she said. "We're all taught to say sorry from a young age. Our parents teach us when we're babies to say sorry to other kids and to our siblings. It's kind of ingrained in us."

In her gender research, one of the study samples included Americans. Although she didn't compare the sample with her Canadian data, Schumann said the same patterns emerged from both, suggesting that, if there is a difference in apology behaviour between the two nations, "it's probably smaller than everybody believes it to be," she said.

McGill linguistics professor Charles Boberg theorized that Canadians' tendency to apologize too much could perhaps be traced to their British roots and a required "sense of accepting one's place in the social system and being a 'decent chap' above all things."

"The tendency to apologize probably fits well with the Canadian self concept because it suggests a polite, decent, self-effacing sort of person, similar to how many people think of the British or the Danes," he said in an email. "Whereas the Canadian stereotype of Americans is that they are, by contrast, brash, aggressive and self-important."

Still, Boberg warned against reinforcing national stereotypes that have no research to support them. He said some stereotypes, like Muslims being more prone to terrorism, could be harmful for the way they distort perceptions of entire groups.

Boberg pointed out that it seems many national stereotypes, like Americans being "boorish," Japanese "inscrutable" or Germans "domineering," are often levelled at the world's "most successful" civilizations.

"Is this just a manifestation of the jealousy of second-best cultures toward those who dominate them? Hard to know," he said. "All in all, I think it's hazardous to dabble in national stereotypes, even if the 'victims' of stereotyping are the world's most powerful and successful nations."

But Schumann counters that Canada's reputation for being overly polite isn't necessarily a bad thing.

"People make fun of us I guess for being overly polite," she said. "I think most of the time we make fun of ourselves, but it's better than being made fun of for being rude."

If she had to pick one, Schumann said she'd rather stick to the sorry side.

"I'm proud to be Canadian," she said. "Apologizing is ultimately a positive behaviour that leads to harmonious interactions and all kinds of positive outcomes."

Now, if only we could stop apologizing for being so polite, eh?

ISTOCK

> **The tendency to apologize probably fits well with the Canadian self concept because it suggests a polite, decent, self-effacing sort of person.**
> Charles Boberg, linguistics professor, McGill University

Great moments in Canuck remorse

1 1986: MP admits "accidental" eavesdropping

In 1986, Tory MP Erik Nielsen, then deputy prime minister, apologized in Parliament for eavesdropping on Liberal party meetings in 1966. He explained during an interview in 1973 that "there was a method by which we knew every Wednesday what was said in the Liberal caucus, word for bloody word." Apparently, crossed wires in an intercom system had allowed him to listen in.

2 2002: Chrétien government regrets aide's diss against George W. Bush

"What a moron." Those were the words from Jean Chrétien's communications director, Francoise Ducros, that prompted the prime minister to publicly compliment the intelligence of his U.S. counterpart. "He is a friend of mine. He's not a moron at all," Chrétien said. A few months later, Carolyn Parrish, a staunch anti-Iraq war Liberal MP, was forced to say sorry after being overheard calling Americans "bastards" following a press scrum.

3 2012: Maple Leafs say sorry for another dismal season

Another year, another missed playoff run. In April 2012, at the conclusion of a season that saw the dismissal of coach Ron Wilson following a spirit-crushing losing streak, MLSE chairman Larry Tanenbaum published an open letter to fans, apologizing for falling "short of everyone's expectations." It worked (sort of): the Leafs made the post-season the next year but were eliminated by the Boston Bruins in the first round.

4 2013: Rob Ford cops to smoking crack cocaine, expects apology to suffice

"Yes, I have smoked crack cocaine," Ford told reporters in November 2013, six months after denying using drugs. "Am I an addict? No. Have I tried it? Probably in one of my drunken stupors, probably approximately about a year ago. I answered your question. You ask the question properly, I'll answer it. Yes, I've made mistakes. All I can do now is apologize and move on."

Magnotta joins dating site from behind bars

QUEBEC

Convicted killer seeking 'single white male'

Luka Rocco Magnotta, the convicted killer whose grisly crimes made headlines around the world, is looking for a "prince charming" on a matchmaking website for prisoners.

Magnotta's profile was posted Sunday on Canadian Inmates Connect Inc., a website that tries to hook up lonesome convicts — some behind bars for violent offences like first-degree murder — with potential companions on the outside.

"Seeking single white male, 28-38 years of age, white and in shape," reads a blurb the website's founder says was written by Magnotta himself.

"One who is loyal, preferably educated, financially and emotionally stable for a long term committed relationship. If you think you could be my prince charming, send me a detailed letter with at least 2 photos."

Luka Rocco Magnotta has joined Canadian Inmates Connect Inc., a website that tries to hook up lonesome convicts with people on the outside. CANADIAN INMATES CONNECT INC./THE CANADIAN PRESS

The profile features two photos of Magnotta, who was convicted in December of first-degree murder for the 2012 Montreal killing and dismemberment of university student Jun Lin.

Magnotta, who's serving a life sentence, lists his expected release date as 2037.

"Only those I deem compatible will receive a response," he writes on the profile, which also includes his current postal address north of Montreal: Archambault Institution, in Sainte-Anne-des-Plaines, Que.

Melissa Fazzina, who created the site about 4-1/2 years ago, said Magnotta sent the information to her through a contact. The application and $35 fee arrived via regular mail — convicts don't have Internet access — about 10 days ago.

THE CANADIAN PRESS

BRITISH COLUMBIA

Missing for a week, man surprised by 'all the fuss'

Bob Moynan, father of an Ontario man who emerged from a southern British Columbia forest after being lost for seven days, says his son isn't sure why he's getting so much attention.

North Bay couple Rick Moynan and Lynne Carmody, who are both in their 60s, walked out of the forest virtually unscathed as crews were thinking about ending an extensive search on Sunday.

Bob Moynan said he spoke with his son on the phone hours after he was told that the search might be suspended.

"He says, 'We didn't know what all the fuss was about,'" said Moynan from his home near North Bay.

"I said, 'Well Rick, think about it. You were due back for dinner on Monday night at five o'clock, and you're seven days late.'"

Moynan and Carmody were on a day hike near a lodge where they were staying in Cathedral Provincial Park when they got lost last Monday.

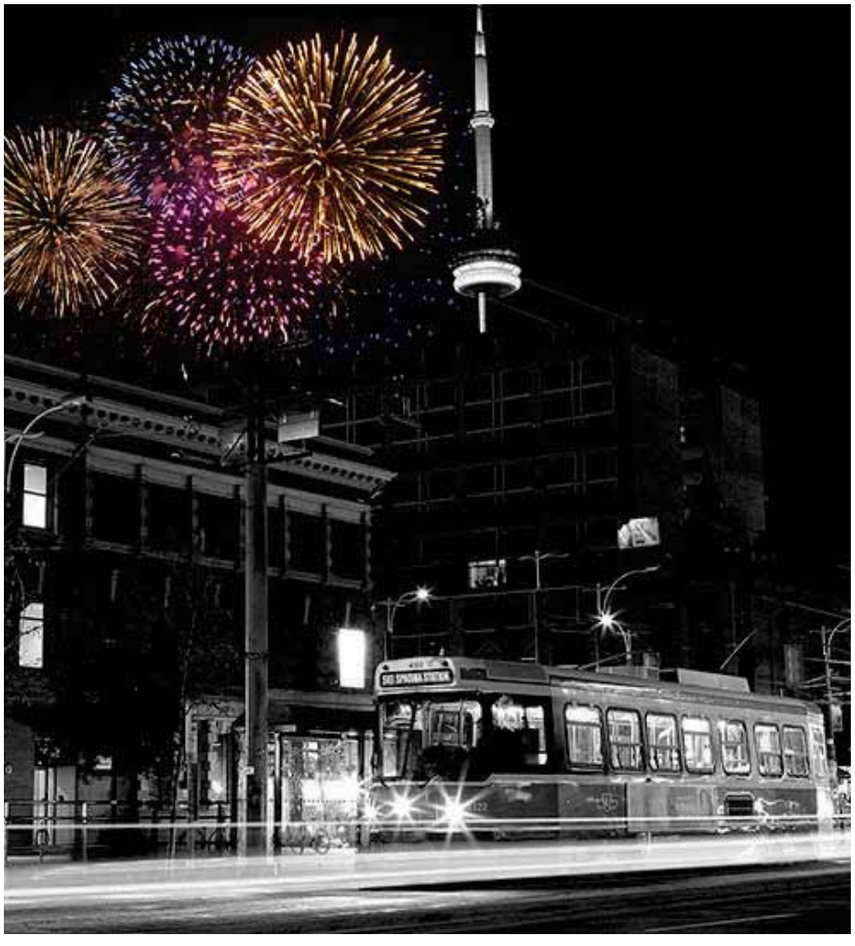
They managed to survive by staying close to water and building themselves a shelter.

The couple was exhausted and bruised when they left their shelter and stumbled upon rescuers after spotting a helicopter. They were taken to hospital for a precautionary assessment.

Bob Moynan said his son has a fair amount of outdoors experience, and Carmody's now-deceased longtime husband worked in search and rescue. He said the ordeal was "terrible" for his family, but he never gave up hope.

"It's almost a miracle that they could survive seven days and be able to be healthy enough to have been able to walk out. So we're just terribly, terribly grateful that it's over, and we've all learned something." THE CANADIAN PRESS

"I said, 'Well Rick, think about it. You were due back for dinner on Monday night at five o'clock, and you're seven days late.'
Bob Moynan, father of Rick Moynan



This Canada Day, take advantage of the TTC.

Wednesday, July 1, 2015

The TTC Day Pass lets you and your group explore the city all day for just $11.50. This one-day group pass is valid for up to six people, maximum two adults over 19 years of age.

Don't forget, children 12 and under always ride free.

Plan your trip at ttc.ca or visit a TTC booth for more information.

TORONTO TRANSIT COMMISSION

DETROIT

Mom pleads guilty to killing her kids

A U.S. woman pleaded guilty Monday to killing two of her children and storing their bodies in a home freezer, telling a judge that she had no remorse for beating and suffocating them.

Mitchelle Blair, 36, of Detroit, Michigan, has never challenged allegations that she killed her 13-year-old daughter and nine-year-old son. She pleaded guilty to first-degree murder without any deal with prosecutors — an extraordinary move — and said she would have accepted the death penalty if the state of Michigan had it.

Blair was arrested in March, after deputies carrying out an eviction at her apartment found the bodies of her children in a deep freezer. She said she attacked the children months apart in 2012 and 2013.

Blair said she intended to kill her daughter, Stoni Blair, but didn't know the abuse of her son, Stephen Berry, would be fatal. Blair alleged the children had sexually abused a sibling, though she said she didn't witness the alleged assaults and didn't get police involved because she feared she would lose her other two children.

Mental health experts had found Blair competent to face charges. She faces life in prison with no chance for parole.

THE ASSOCIATED PRESS

> **I don't feel no remorse for the death of those demons.**
> Mitchelle Blair

GAZA BLOCKADE

Israeli navy catches Swedish activist ship

Israel's navy intercepted a Swedish vessel attempting to breach a naval blockade of the Gaza Strip early Monday and brought it to an Israeli port, where it said the foreign activists would be questioned before they are sent back to their home countries.

The military said that after exhausting all diplomatic efforts, the government ordered it to block the vessel. Israeli naval forces boarded the Marianne and searched it in international waters without needing to use any force, the military said.

The ship was carrying about 20 activists, including Israeli Arab lawmaker Basel Ghattas and former Tunisian President Moncef Marzouki. Three other ships that were part of the original flotilla reversed course before encountering the Israeli navy.

The Israeli military issued a statement Monday night saying the vessel had arrived at the Ashdod port. "The vessel and crew members are now being transferred to the appropriate authorities for immigration and deportation processing," it said.

Interior Ministry spokeswoman Sabine Haddad said it could take a few days to deport them, depending on available flights.

The Freedom Flotilla group posted a photo on Twitter apparently showing a group of its activists on a ship.

Petros Stergiou, a member of flotilla's media team in Athens, said the group would continue its acts of protest until the blockade of Gaza was lifted.

"Once again, the Israeli state commits an act of state piracy in the Mediterranean Sea," he said. "The government continues this policy of non-tolerance, which means that it will continue to enforce the collective punishment against the 1.8 million people in Gaza."

Israel has maintained a blockade of Gaza since Hamas militants took power in 2007, following Hamas's electoral victory in 2006.

THE ASSOCIATED PRESS

Police stand over David Sweat after he was shot and captured near the Canadian border, Sunday, in Constable, N.Y.
THE ASSOCIATED PRESS

Two escapees were walking to Canada

UPSTATE NEW YORK

Pair split up after ride to Mexico bailed

Two convicted murderers who eluded a massive manhunt for three weeks planned to drive to Mexico after escaping prison but ended up walking toward Canada when their ride backed out — finally splitting up in their final days of freedom, Gov. Andrew Cuomo said Monday.

David Sweat, 35, was hospitalized in serious condition after being shot twice in the torso by a trooper and captured Sunday near the Canadian border. Cuomo said Sweat has begun providing information about his audacious escape from the maximum-security Clinton Correctional Facility on June 6 with Richard Matt and their weeks on the lam. Matt was killed by officers on Friday.

Prosecutors have previously said prison tailor shop employee Joyce Mitchell got close to the men and agreed to be their getaway driver but backed out because she felt guilty. Authorities also have said they discussed killing Mitchell's husband, matching the newly detailed account provided by Cuomo on the Capitol Pressroom radio program.

> **(David) Sweat felt that (Richard) Matt was slowing him down.**
> Gov. Andrew Cuomo

"They would kill Mitchell's husband and then get in the car and drive to Mexico on the theory that Mitchell was in love with one or both of them," the governor said. "When Mitchell doesn't show up, the Mexico plan gets foiled, and they head north toward Canada."

Matt and Sweat apparently spent more than two weeks together roaming the thick northern New York woods. Authorities believe they travelled mostly at night and managed to procure food, a gun and other supplies from hunting camps and seasonal cabins.

Cuomo said the two men split up about five days ago. Matt had blisters on his feet and Sweat thought his 49-year-old escape partner was holding him back.

Sweat was captured Sunday in town of Constable, about 30 miles northwest of the prison, after Sgt. Jay Cook spotted him while on routine patrol. Cook shot Sweat as he fled toward a stand of trees. THE ASSOCIATED PRESS

Greeks swarm closed banks

ECONOMY

Today is the deadline for the country to repay $1.8B US

A supporter of the No vote in Greece's upcoming referendum holds an old 1,000 drachma bank note during a rally Monday in Thessaloniki, Greece. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

Anxious pensioners swarmed closed bank branches Monday, and long lines snaked outside ATMs as Greeks endured the first day of serious controls on their daily economic lives ahead of a July 5 referendum that could determine whether the country has to ditch the euro currency and return to the drachma.

As strict capital controls took root following Prime Minister Alexis Tsipras' surprise weekend decision to call a referendum on international creditors' latest economic proposals, Greece's population tried to fathom the sheer scale of the impact on their day-to-day existence.

Following a breakdown in talks between Greece and its creditors, the country is in the midst of one of the most acute financial crises seen anywhere in the world in years. It's running out of time to get the money it needs to stave off bankruptcy.

That has stoked fears of a crippling bank run, a messy Greek debt default and an exit from the euro. As a result, the country's government imposed strict capital controls, none more onerous than a daily allowance of 60 euros ($67 US) from the ATM.

The capital controls come ahead of a big $1.8-billion US payment Greece has to make to the International Monetary Fund (IMF). It's unlikely to be able to pay that without financial assistance.

Greece's bailout program with its European creditors officially expires Tuesday, meaning the country will not have access to any of the $8.1-billion US still available if it doesn't secure a deal. THE ASSOCIATED PRESS

IN BRIEF

CRTC fines Porter Airlines

Porter Airlines has been fined $150,000 for violating the CRTC's anti-spam legislation.

The CRTC says the Toronto-based airline has agreed to pay the fine for sending emails without an unsubscribe button or one that was clearly labelled.

The federal regulator says Porter was also unable to provide proof of consent from each email address that received its commercial emails.

The CRTC says the violations took place between July 2014 and April 2015.

THE CANADIAN PRESS

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the big number

48%

IS THE PORTION OF CANADIANS who correctly answered that 1965 was the year the country adopted its current flag. Ancestry.ca gave 1,000 Canadians a multiple-choice quiz with questions like "Who was Canada's first prime minister?" (75 per cent guessed Sir John A. Macdonald), and "What was the official flag prior to the Red Maple Leaf?" (64 per cent knew it was, de facto, the Union Jack). Though all but three per cent could identify a picture of Terry Fox, a third couldn't name the year of Confederation (1867), and only about half knew the four original provinces (Nova Scotia, New Brunswick, Ontario and Quebec), lending credence to the oft-repeated complaint that Canadians are ignorant of their own history and symbols. SOURCE: ANCESTRY.CA

Improved safety takes more than just policy

YOUR RIDE
Glyn Bowerman

Improved safety for pedestrians and cyclists in this city will take more than just policy. We need the kind of cultural shift only strong leadership can provide.

Without this leadership, any conversation we have about the complex relationships between people, bikes and cars gets muddied, as it did in the lead up to the Toronto and East York Community Council's unanimous decision to reduce speed limits on local roads to 30 km/h.

Some critics suggested that because 80 per cent of collisions resulting in pedestrian injury or death occurred on arterial roads, the speed reduction didn't address the bulk of the problem — seemingly ignoring that crashes on other streets still represent a measure of injury or death.

Others highlighted the advice of the general manager of transportation services, whose guidelines for speed reductions on local roads were recently approved by council. These set out a list of criteria a given street must meet in order to justify a reduction.

He believes that since drivers do not necessarily follow posted limits they feel are arbitrary or artificial, it would be difficult to enforce and may lead to "frustration."

While I agree reducing the posted limit is not a panacea, and greater physical improvements to the streetscape would provide more of an impact in terms of safety, the move is still a symbolic victory in service of this badly needed cultural shift.

It's badly needed because the arguments that surfaced against reduced limits forget what we're actually talking about: People's safety, possibly their lives.

That smaller 20 per cent of collisions on local or collector roads meant something very dear to the people involved. And I don't much care about drivers' "frustration," given what's at stake.

Drivers may well ignore the new limits, but would we ever consider legalizing jaywalking because some people will do it anyway? Not on your life, or someone else's. So, why do we entertain these arguments when they're applied to cars?

The community council showed rare and remarkable leadership because they wrangled this ongoing "people versus cars" debate back to the centre of the issue: We simply can't accept pedestrian and cyclist deaths.

Lower speed limits reduce road deaths. All other considerations about commute times, traffic flow and financial cost must take a back seat.

Successive mayoral administrations have pandered to voters' perceived wants, but people look to local politicians, with their access to facts and expert advice, to present important issues in plainest terms.

These are literally life and death decisions. We forget that at somebody's peril.

Glyn Bowerman is a Toronto-based journalist and theatre artist. He is also a regular contributor to Spacing Magazine. Follow him on Twitter @Banquos_Banquet

ROSEMARY WESTWOOD

metroview

An American's introduction to a Canadian classic

"I want to see a moose."

That became the running joke from the moment C. — my American boyfriend — arrived for a visit last month. It was his answer to anyone who asked what he wanted to do in Canada, punctuated with a mischievous glance at me.

It was funny, sure, but I also took it as a bit of a slight. I wondered if, at some level, he really did think seeing a moose (or jumping onto one, as one drunken idiot recently did) was an important Canadian experience. The wilderness equivalent of poutine (also on his list). "Oh, ya. For sure, eh?" became a regular refrain in our apartment, and I worried about what he really thought of Canada.

So, I tried to educate a man who'd, in his defence, had little reason to think of us. You know, dental isn't covered by health care, I informed him. We talked about the residential school history. With an election brewing, politics popped up.

But, talking to an American about politics is like talking to a Canadian about winters. Naturally, we turned to American politics, and I had the odd meta experience of being a Canadian watching an American watch a Canadian talk about Hillary Clinton (takeaway: Who the hell are we to judge her?).

Now that C.'s time in Canada is winding down, I asked what he made of Canadians. He paused.

"Everybody's into being fit," he offered. "Big into manners — but kind of stiff. (They) like to drink. Big into doing the right thing, it seems.

"Like Americans, if they sobered up and levelled out. The cousin you'd call to come pick you up if you were wasted."

Doesn't sound so bad to me. Being known for wildlife, winters, and niceness only seems irritating out of context. Compare that to being known for a possible run on the banks (the Greeks), a civil war (the Syrians), a national arrogance (the French, rightly or wrongly) or a repressive Communist government (the Chinese).

Plus, it's not actually hard to see a moose. All it takes is a short drive to the Toronto Zoo, where, in what's called the Canadian Domain, there are lynx, grizzly bears — and in the furthest possible pen, two moose.

They were laying down as far away from C. and me as possible, and didn't even have antlers. Of the two of us, I was clearly the more disappointed.

I sighed. "So, do you understand Canadians better?"

"Oh, ya. That pretty much clears it up for me," he said in a deadpan tone. "Saw a moose."

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The #AskELJames Twitter chat on Fifty Shades of Grey got some cheeky queries

Baking bread breaks barriers

DOCUMENTARY

Film shows how cultures bond over rising dough

Megan Haynes
For Metro

An NFB film titled Bread follows six women whose spirits rise alongside their homemade dough. ALL PHOTOS: CONTRIBUTED

Bread (or naan, or bannock) is one of those rare foods that's shared by most cultures, says Mariette Sluyter. That realization came as she was working with a non-profit organization in Calgary trying to reduce social isolation among seniors.

A truism of society has always been that cultural groups tend to stick together, and as seniors age, those groups dwindle, she says. To expose older folks to new people, she wanted a way to bring different cultures together.

"So we got a group of ladies together who were from diverse backgrounds ... and we asked them to bake some bread," she says

Sluyter and the National Film Board have turned that process into a new interactive documentary launching on Canada Day. Titled Bread, the doc follows the lives of six women as they make their favourite recipe, with DIY instructions for those who want to try their hand at making some homemade dough. It's a bid to break down generational and cultural barriers, says Sluyter, the creator and writer of the film.

"It's this active thing you do with your hands, and it takes

Mariette Sluyter

time (to wait for the yeast to rise and to bake it)," says Sluyter. "The waiting time was the magic time when ladies would share stories."

Sluyter recalls one situation where two participants learned they lived near each other growing up. "Carrie (Sheen) — who is Cree — explained how at the time it was illegal to farm on the reserve," Sluyter says. "Vera (Kalmakoff, who lived nearby) had always believed the racist stereotypes that it was sheer laziness that they didn't farm. There was a breaking down of barriers — a moment when you could see Vera shift (her opinion) and you could see Carrie recoup some of the dignity that had been lost due to systemic racism."

In 2011, Sluyter approached Teri Snelgrove, associate producer with the NFB, with an idea to document that "magic time." Before long, microphones and cameras were out in full force.

Bread, Sluyter says, is a metaphor for humanity: The same ingredients go in (wheat, yeast and water), but something different tends to come out depending on where you were raised.

There are a number of other foods that many cultures share, says Sluyter. "But bread has a visceral response for us as human beings."

Bread elicits nostalgia, adds Snelgrove. "I remember that feeling of being a little kid — the smell, my nanny sawing off a huge slice and slathering it with margarine and black sap molasses," she says. "To this day, if I smell bread, I'm connected with my past in a really strong way."

While the smell of bread may bring back memories of grandmothers or mothers kneading bread, Sluyter hopes her new film will encourage a younger audience to make their own memories.

> **"To this day, if I smell bread, I'm connected with my past in a really strong way**
> Teri Snelgrove, associate producer with the NFB

"I must have been 11 years old when I started (baking) bread with my mother," says Anne Kerekes, now 89, who was featured in the film. "It's always better than the bread you buy — crisper crust, tastier, and it doesn't cost as much as buying it."

The Calgarian — by way of Hungary — taught her granddaughter Natalie Muyres, 42, how to raise a loaf as well. "I don't have a memory that doesn't including being in the kitchen with my grandmother," Muyres says. "It's part of my heritage."

But not all kids today have that same experience. "We took the ladies (featured in Bread) into some elementary school and in some classrooms, heartbreakingly, at least 50 per cent of the kids had never had homemade bread," she says. "We've become so reliant on the industrialized food systems, we can't even make something that's so central to (so many) cultures."

But, Sluyter says there's hope. While many of the ladies bemoaned that their own children or grandchildren didn't always have an interest in baking, the online space has opened up a new world of possibilities. "There are kids and younger generations that want to hear (how to make bread)," she says. "So what these women have done is step into this version of being a digital elder. (The) elderly have knowledge to impart, and we risk losing out own culture if we don't partake in that knowledge."

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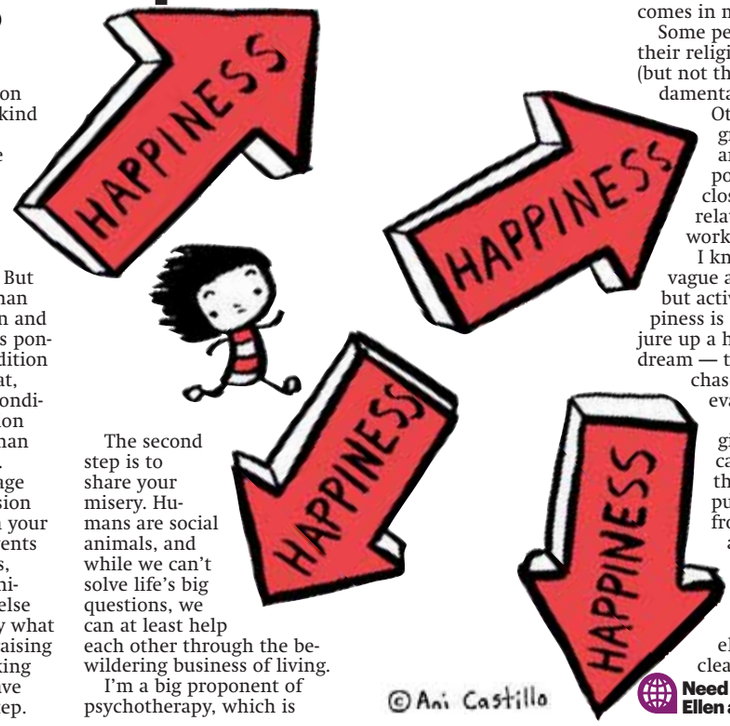
URBAN ETIQUETTE **ELLEN VANSTONE**

Dear Ellen,
I feel I need advice on everything. I'm only 23 years old but it seems like I'm running too slow towards my future and not being very successful. I had my future planned out but it all completely changed 6 months ago, I just want to have fun while living life but in my opinion everyone has the same goal. To have a nice paying job, a house, a car, a family. But what's really out there to do in life? Any advice?
— D.D.

Dear D.D.,

The question What is life beyond the pursuit of goals?



You're asking a question that has plagued mankind for millennia — I say MAN-kind because the discussion has mostly been dominated by male philosophers, possibly because the women were too busy doing the housework. But believe me, every human being with half a brain and a moment to spare has pondered the human condition — only to discover that, unlike other human conditions such as indigestion and dandruff, the human condition has no cure.

The trick is to manage the symptoms. Confusion about what to do with your life, uncontrollable events messing up your plans, feeling alone in the universe while everyone else seems to know exactly what they're doing — just raising the questions and talking about them, as you have done, is a good first step.

The second step is to share your misery. Humans are social animals, and while we can't solve life's big questions, we can at least help each other through the bewildering business of living.

I'm a big proponent of psychotherapy, which is basically just learning to listen to your true self, and become a more self-aware human being. But keep in mind that "psychotherapy" comes in many forms.

Some people find it via their religious communities (but not the fanatical fundamentalist kind, please). Others learn and grow by talking and (just as important) listening to close friends, trusted relatives and solid workmates.

I know this sounds vague and frustrating, but actively seeking happiness is like trying to conjure up a half-remembered dream — the more you chase it, the faster it evaporates.

Direct your energies to what you can do: tidy up, do the dishes, keep putting one foot in front of the other, and trust that life is worth living, one day at a time.

If nothing else, you'll have a clean house.

Need advice? Email Ellen at scene@metronews.ca

IN BRIEF

Dogs being trained to hunt truffles

The growing appetite for truffles is feeding demand for dogs trained to sniff out the pungent fungus, prized by chefs and foodies.

As more landowners plant orchards in hopes of harvesting truffles, more dogs are being trained to detect the earthy delicacies, which take several years to ripen on tree roots underground.

"There is huge demand for truffle dogs right now," said Alana McGee, co-founder of the Truffle Dog Company, which helps orchard owners search for truffles and trains dogs how to find them. Lolo is an Italian breed commonly used to hunt truffles, but McGee said any dog can be trained.

In Europe, truffle hunters traditionally used pigs, but in recent years the job has gone to the dogs.

THE ASSOCIATED PRESS

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Cookbook espouses a plant-based diet

FARM TO TABLE

Seasonal recipes keep you eating fresh all year

> **Eating healthily doesn't have to be boring or associated with sacrifice.**
> Sarah Britton

Sarah Britton's food transformation started when she ate a tomato picked from a vine that was packed with more flavour than anything she'd ever tasted.

She chronicles that discovery and subsequent journey to a plant-based diet in her new book My New Roots (Appetite by Random House).

"Eating healthily doesn't have to be boring or associated with sacrifice," she said. "One of the most amazing things I've learned is that when you eat this way you don't have to count calories. You don't have to worry about fat grams."

Now 32, Britton says she was overweight when she was younger and often berated herself for her food choices.

"This has just liberated me so much from that and my body has completely come into the shape that it should be in just naturally ... I spent so much energy feeling really bad about what I was eating. Now I feel so free from that because I can eat whatever I want whenever I want," said the Copenhagen-based author during a return visit to Canada to promote her book.

"Every single calorie is really good for me and I don't have to worry about it anymore.

"Food is supposed to be a joy and a pleasure, and if we can free ourselves from the shackles of all this negativity that's around food, wouldn't that be nice?"

Growing up in Toronto, Britton ate processed, packaged and sugary foods — "my parents didn't love cooking." After graduating from design school in Montreal, an interest in the environment inspired her to attend a five-week workshop on organic farming in Arizona. The five weeks turned into a year.

"I've never experienced such a profound transformation in my life. I completely changed. My energy level skyrocketed, my skin cleared up, I slept better, I had tons more energy. I could just think clearer. I literally say I woke up for the first time in my life because I realized I'd been living in a mental fog for 23 years and I thought that was just what people felt like.

"When I finally started eating properly I could not believe the difference it made."

Back in Toronto, she studied at the Institute of Holistic Nutrition and became a Certified Nutritional Practitioner.

The farming stint taught her the importance of growing food organically. The course taught her what food did in the body.

When she moved to Copenhagen to be with her Danish husband — they met on a street corner in New York when he asked her for directions — she discovered she couldn't legally practise holistic nutrition.

So she started her My New Roots blog in October 2007 to share her thoughts about plant-based eating along with the results of her culinary experiments. Her debut book, which ranges from simple recipes to long-term food projects, stemmed from that.

THE CANADIAN PRESS

Grilled zucchini and green onions with baby spinach and hazelnuts — one of recipes in My New Roots. LAURA SNIDERMAN/ THE CANADIAN PRESS

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The queen of Magic Mike XXL

JADA PINKETT SMITH

Actress injects some female dominance into male-stripper franchise

Ned Ehrbar
Metro | Life

Stepping into the scene-stealing shoes of Matthew McConaughey is certainly a daunting task, but Jada Pinkett Smith was up to the challenge. In fact, she walks into Magic Mike XXL and walks right away with the movie. Or struts away with it, rather.

"Nobody can replace Matthew, let's just be real on that. I surely know I can't, with his fine self," Pinkett Smith says.

"But I actually didn't feel the pressure being a woman. If a man had actually played that role, that's a hard act to follow. But because I'm a woman, I knew right away that the audience's minds would have to shift, because there's just no comparison."

For the followup to Channing Tatum's partially autobiographical stripper film, McConaughey's Dallas has abandoned the boys. In desperate need of a new emcee, they turn to Pinkett Smith's Rome, who runs a private adult entertainment club catering to an exclusively female clientele.

> **What I brought to the table was the idea of stripping away degradation and really adding a celebratory factor in this act of exaltation.**
> Jada Pinkett Smith

"The role was at first written for a guy," Pinkett Smith reveals.

"I was like, 'Channing, why me?' And his whole thing was like, 'Jada, I really feel like in this arena there's a sense of responsibility that we can inject in this idea.' I just really connected to how I wanted women to feel about themselves watching this movie, and adding the energy of exaltation, celebration and inspiration."

Jada Pinkett Smith as Rome and Channing Tatum as Mike in Magic Mike XXL opening July 1.

Pinkett Smith found a willing and gracious collaborator in Tatum, who also served as a producer.

"With Channing, when he wanted to bring me on board, I can almost assure you there were people in the studio and people around that were like, 'Really?' But Channing had a vision," she says.

"He has a really high regard for the feminine, and he really felt like through dance he understood that this brought women joy. In the first movie he really explored what isn't so great about the industry itself, so in this movie he had more licence to have more fun."

In discussing Magic Mike XXL, Pinkett Smith takes on a tone of almost religious reverence, which may seem surprising given the subject matter, but she's very serious.

"Rome looks at it as a religion and feels like women can really, truly find themselves through that," she says.

"What I brought to the table was the idea of stripping away degradation and really adding a celebratory factor in this act of exaltation. It should never be demeaning and it should never be about dominance. And so that was really what was important to bring energetically, to kind of elevate the idea of adult entertainment."

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Jai welcomes our robot overlords

TERMINATOR GENISYS

Actor is totally down with A.I. — and with nude scenes

With Terminator Genisys, Jai Courtney steps into a franchise universe full of humans hopping through time to avert the rise of Skynet, artificial intelligence that goes online and promptly tries to destroy humanity. But is A.I. really going to be such a bad thing?

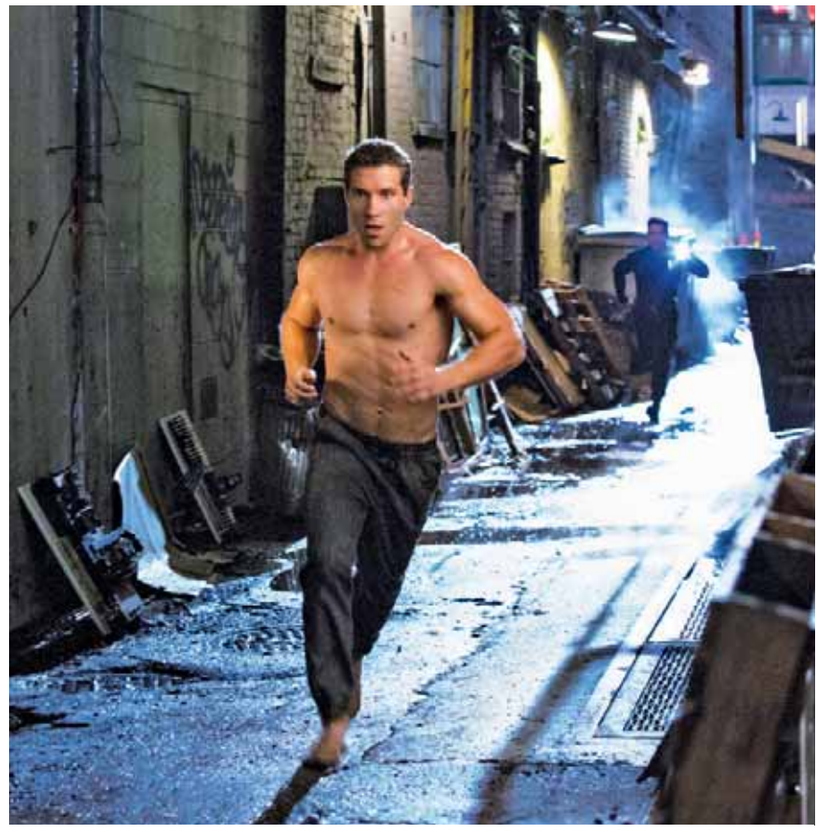
Most pop culture depictions of the singularity assume that it's going to be bad. What if things actually work out?
Well, I'm sure there will be a grace period where it is great. I don't know, I don't get too existential ... But yeah, man, I welcome artificial intelligence. Hey dude, if I could talk to a guy in this room that was made completely artificially and he had a thinking brain, I'd want to have that conversation.

If there were to be a robot apocalypse, how do you think you would fare?
I reckon I'd be good for a bit, and then when times got really tough I'd probably be f—ed. I'm an actor first and foremost. I could probably fool my way through a little bit of survival, but when boys have to become men I think someone would get the better of me.

Doing a movie with this much time travel and jumping around, how do you wrap you head around it? Did they give you a map?
They didn't give us a map. That would've been very helpful. You ask the smart people around you that wrote the thing and are driving it creatively what the hell's going on.
Terminator movies of course involve time travelling while naked, and your character gets to do it in front of a room full of people. Were you worried about that part of the job?
They're the least things you worry about when something like this comes along. I wasn't worried at all. You know it's going to be a bit of a challenge and that's fine, and there's going to be some sensitivity around it. But it wasn't the first time. I hope I don't have to keep this trend, but my very first job, I had my clothes off.

NED EHRBAR/METRO IN HOLLYWOOD

> **I don't know that we're going to have a robot apocalypse, but I do like the fact that the threat is closer now.**
> Jai Courtney



Jai Courtney plays Kyle Reese and Byung-hun Lee plays T-1000 in Terminator Genisys, opening July 1. MELINDA SUE GORDON

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LOVE STORY

Scarborough's Wes Grant is facing his fear of heights in memory of his wife

Scan to see more about Wes Grant's Fearless Challenge.

Wes Grant's wife Tara Cowan lost her battle with cervical cancer on November 6, 2014, at the age of 39. The couple spent the last eight weeks of her life side-by-side, and Grant considers this time together as one of the greatest gifts he received from her. "When you go through something like that," he says, "when you know that time is precious, you have to ask yourself, 'What can I do to live each moment to the fullest?'"

One answer Grant found was to give back to the community. "Losing my wife changed my life," he says. "I left my job; I'm going back to college to study workplace health and wellness." The Scarborough native also plans to start volunteering with the Canadian Cancer Society in the fall.

HEIGHTS & SNAKES

It was at a volunteer information session with the charity that he first heard about the Fearless Challenge, a fundraising initiative that asks Canadians to step out of their comfort zones and tackle something that scares them.

Coincidentally, Grant had just been out for dinner with a former work colleague and the discussion had turned to the EdgeWalk attraction atop Toronto's CN Tower. EdgeWalk participants are perched on the roof of the CN Tower's restaurant. Even though they're securely tethered to the tower with harnesses, walking around out of doors 168 feet above the streets of downtown Toronto is enough to give most people pause.

"Heights and snakes are my fears," says Grant. "Maybe I had a few drinks in me but somehow he talked me into signing up. When I heard about the Fearless Challenge, I realized that I could do something good with the situation."

Grant registered his Fearless Challenge page before leaving the information session. He set a goal of raising $2,500 and quickly surpassed it by collecting pledges from family, friends and even friends of friends. Grant confronted his fear by doing the EdgeWalk on June 26.

And even though he took on his Fearless Challenge to honour his wife, he says, given his fear of heights, "I can picture her saying, 'Babe, what are you doing?'"

STARTING A DISCUSSION

A cancer diagnosis is one of the biggest fears a person can face in their life. The Canadian Cancer Society launched the Fearless Challenge in 2014 to raise much-needed funds for research, support services for patients and other important work.

Anyone over the age of 13 can participate by taking their idea to the Fearless Challenge website and clicking on the "create a challenge" link. In addition to creating their challenge, participants set their own fundraising goals and deadlines for raising the money. After that, they're encouraged to chart their progress and share their fear-facing event on their participant page and on their social media networks.

Grant has found comfort in sharing his story through the program.

"The Fearless Challenge allows me to share memories of Tara," he says. "Everybody grieves differently, but I like talking about her. People don't know how to talk about cancer." He feels that having this opportunity to start a discussion about cancer has also helped others step outside of their comfort zone and start talking about the many different aspects of the disease.

"Having been her caregiver, I still can't imagine the fear she was facing," Grant says. "She was always more worried about me and others. I don't know if I can have that kind of bravery myself but I'm going to give it a try."

Follow the #FearlessChallenge

@HarjotTatia I will face my fear of eating spicy food if you help me raise money

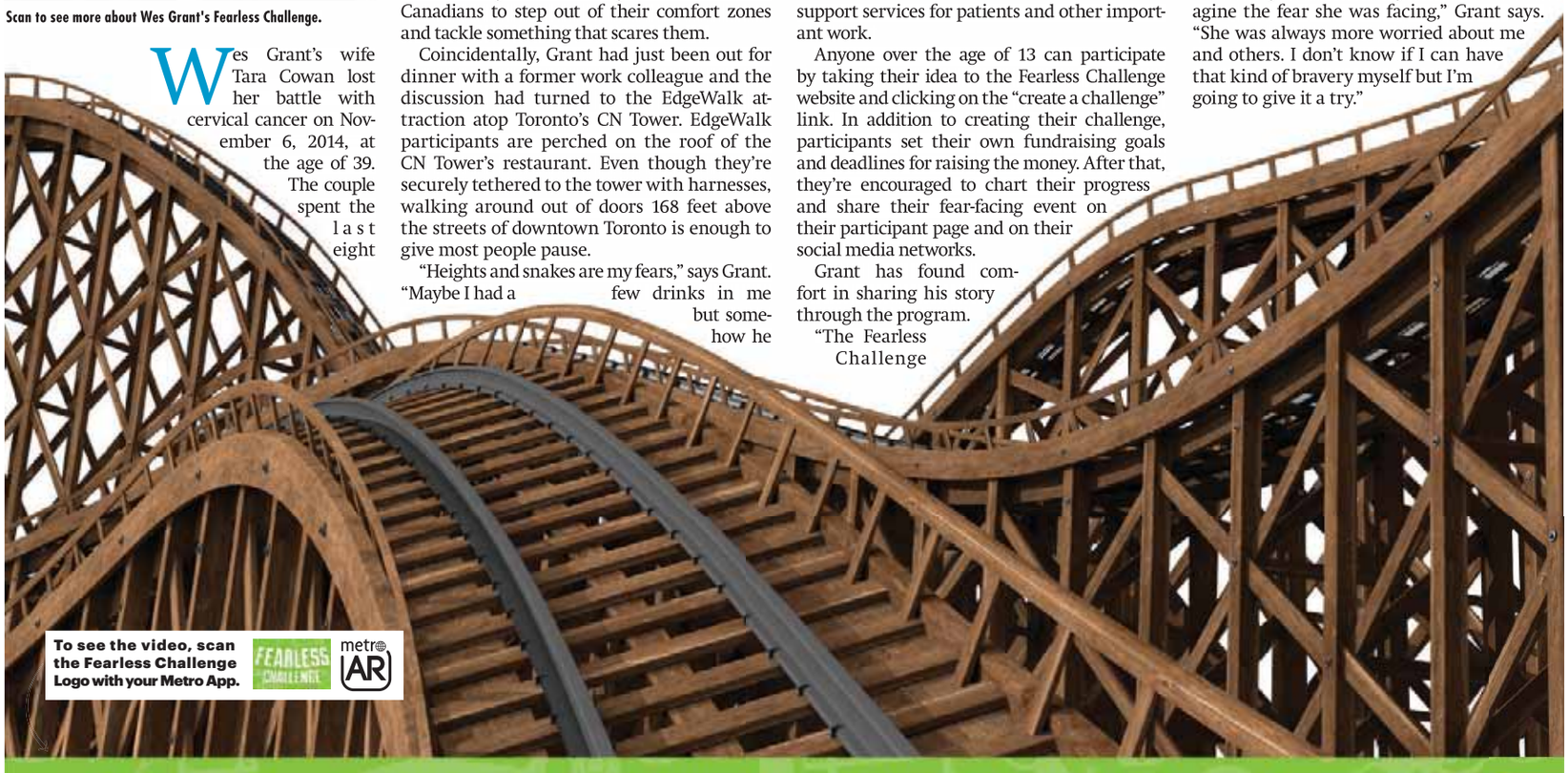
@Fearless_Fred I'm jumping out of a plane. Not cause I want to, but cause cancer sucks.

@ericaalligood Enjoying my hair for one more day before its all gone!

@CurtisRadio Not gonna lie I'm pretty scared about my fearless challenge at @bolermountain and their treetop adventure

Follow this group and others as they face their fears at:

@nofeartoobig
/FearlessChallenge
#FearlessChallenge



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Now playing

COMEDY

Magic Mike XXL

Director: Gregory Jacobs
Starring: Channing Tatum, Joe Manganiello

Picking up the story three years after Mike bowed out of the stripper life at the top of his game, Magic Mike XXL finds the remaining Kings of Tampa likewise ready to throw in the towel. But they want to do it their way: burning down the house in one last blow-out performance.

ROTTEN TOMATOES™ SCORE

Critics: 64% Audience: +91%

ACTION & ADVENTURE

Terminator: Genisys

Director: Alan Taylor
Starring: Emilia Clarke, Jai Courtney

James Cameron's sci-fi classic gets rebooted in this Paramount production designed as the first instalment in a new trilogy. Arnold Schwarzenegger reprises the cyborg role he originated in the 1984 movie.

ROTTEN TOMATOES™ SCORE

Critics: 40% Audience: +98%

Trump, you're fired

TELEVISION

Trump dumped by NBC following racist remarks

NBC said Monday that it is ending its business relationship with mogul and GOP presidential candidate Donald Trump because of comments he made about Mexican immigrants during the announcement of his campaign.

NBC said it would no longer air the annual Miss USA and Miss Universe pageants, which had been a joint venture between the company and Trump.

The network said that it has already begun exploring ways to air future seasons of the reality series Celebrity Apprentice without Trump as host.

The Apprentice, which Trump also hosted and does not feature celebrities, is on hiatus.

"At NBC, respect and dignity for all people are cornerstones of our values," NBC said in a statement. Trump attributed NBC's decision to a clash in viewpoints on immigration, saying his views were strong and NBC's "very weak." He said he anticipated losing the business relationship and that he's not apologizing for his statements because they "were correct."

Donald Trump mugs for photographers at the NBC 2015 Winter TCA Press Tour. NBC on Monday said that it is ending its business relationship with Trump. THE ASSOCIATED PRESS FILE

He said he'd consider suing, as he plans to do with Univision, which announced last week it would not air either of the two pageants.

During his presidential kick-off speech, Trump said Mexican immigrants are "bringing drugs, they're bringing crime, they're rapists and some, I assume, are good people."

He called for building a wall along the southern border of the United States. Trump later said that his remarks were directed at U.S. policymakers, not the Mexican government or its people.

THE ASSOCIATED PRESS

GOSSIP BRIEFS

Gold digger

In protest of Kanye West's appearance at Glastonbury, an audience member created a giant flag of a screengrab from Kim Kardashian's career-making sex tape with Ray J, along with a lyric from West's Gold Digger. I'm pretty sure West didn't see it though, as his head didn't explode.

Amy slaying

Every time Amy Schumer opens her mouth these days, more awesomeness spills out. The latest? She speaks up for her curves and against the body image issues rampant in Hollywood.

"It's very therapeutic for me to be like, 'Yes, I'm not going to look like a malnourished bird,' and I like speaking to that, as well as speaking to my work and what I'm doing," she says, according to People magazine.

The doctor is in

If your big studio movie needs an on-set therapist, maybe that should be a red flag. "(Director) David Ayer is about realism. So if your character is tormented, he wants you to torment yourself. He wants the real thing," star Adam Beach tells E! News about the atmosphere on set for Suicide Squad. "We kind of have like a therapist on board if you fall off the wagon and really are villainous."

Art imitating life

Shia LaBeouf has been popping up in some odd places lately, morphing his public persona into some kind of bizarre performance art piece. But this — which he didn't necessarily have anything to do with — is just plain neat. Artist Brandon Bird has gone and rendered The Beef as all 13 incarnations of Doctor Who. He makes a surprisingly good Time Lord in any era.

NED EHRBAR/METRO IN HOLLYWOOD

SPONSORED CONTENT

Oh, Canada at Harbourfront Centre

Looking for a way to celebrate Canada's 148th birthday with some oohs and ahhs? Start with a bang — an incredible fireworks display on the lake, with a soundtrack of all-Canadian artists. Head down to Harbourfront Centre on "Canada Eve" (June 30) for the best show in the city (the recently completed upgrades along Queen's Quay make it even easier this year).

The 20-minute, two-barge show gets going around 10:30 p.m. but be sure to get there early. The best part: You'll still have all the next day to return to Harbourfront Centre to celebrate Canada Day: The Next Generation. This year's programming tackles the elusive question "What is Canadian?" by looking at the music, cuisine and traditions that make Toronto one of the most multicultural cities in the world. Here are some totally free, family-friendly, don't-miss highlights:

Canadian Mosaic Project brings together 54,000 faces from across the country to create one large portrait. A mobile photo studio on site will invite you to be a part of this historic project.

Musical Instrument Petting Zoo gives visitors a chance to pluck, strum and drum on instruments from around the world. Try everything from a harp to a djembe, or watch a demonstration from a pro.

CONTRIBUTED

Canada Day Cake is a life-size replica of our flag made entirely of mini cupcakes topped with buttercream frosting in signature red and white.

Chak De Bhangra Showcase: Parade and Performance This is a one of a kind dance competition where the top bhangra teams from North America battle for the title of the Harbourfront Centre's Chak De Bhangra Champions.

Music From Latin America showcases organizations and artists including Ballet Creole, Maderaz Latin Music, and singer-songwriter and Canadian-history storyteller Mike Ford.

Sounds Like Canada Series brings real-deal Afrobeat to Harbourfront courtesy of Nigeria's Asiko Afrobeat Ensemble.

North American Native Hoop Dance has Lisa Odjig (Ojibwe Nation), two-time world champion Hoop Dancer, spin and twirl through 17 hoops.

By Divine Right The iconic Canadian indie-rock band celebrates their 25th anniversary and 10th album with a star-studded cast of current and former band members and fans from across the country.

The Great Canadian Hustle will have fans of the 40-year old disco dance craze coming together to perform the hit en masse alongside funk band After Funk.

STAR METRO Content Solutions

metro SPORTS

Dwyane Wade will become a free agent after 12 seasons with the Miami Heat

Tuesday, June 30, 2015

Fans back Donaldson

MLB

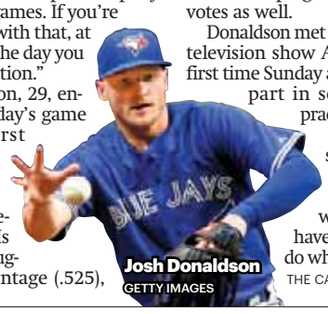
Bringer of Rain takes overall lead in all-star game voting

Toronto's Josh Donaldson isn't about individual accolades, even if it includes being the leading vote getter for the upcoming all-star game.

Donaldson has moved into top spot in fan voting for the upcoming event, overtaking Kansas City's Mike Moustakas as the American League's starting third baseman in the process.

The league announced its updated results on Monday with Donaldson leading all players with 11,738,206 votes, over 1.4 million more than Moustakas.

"I don't play for all-star games, I don't play for a lot of individual attention," Donaldson said prior to Monday's game against the Boston Red Sox at Rogers Centre. "I play to compete, help my team win games. If you're successful with that, at the end of the day you get recognition."



Josh Donaldson
GETTY IMAGES

Donaldson, 29, entered Monday's game ranked first among American League third basemen in RBIs (48) and slugging percentage (.525), second in on-base percentage (.879) and third in hits with 84. His 18 home runs were good for sixth among all AL players.

The Pensacola, Fla., native has been getting it done in the field as well, making a highlight-reel diving catch into the stands last week against the Tampa Bay Rays to keep Marco Estrada's perfect game bid intact.

Donaldson has had some help recently in increasing his votes through social media.

Hockey commentator Don Cherry has been vocal in making sure fans get Donaldson in as a starter while Toronto actor Stephen Amell released a video campaigning for more votes as well.

Donaldson met the star of the television show Arrow for the first time Sunday and they took part in some batting practice together.

"He was awesome," said Donaldson. "Never in the world would I have asked him to do what he's done."

THE CANADIAN PRESS

NEW RECORD

Donaldson's 11.7 million votes are already a record for any player in any season. Voting in starters for the all-star game ends Thursday at 11:59 Eastern.

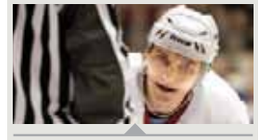
BUCHHOLZ BUCKLES DOWN TO LIMIT JAYS Red Sox starting pitcher Clay Buchholz serves up an offering against the Blue Jays at Rogers Centre on Monday. Buchholz tossed eight innings, giving up just one run on five hits as the Red Sox won the first game in the four-game series 3-1. FRANK GUNN/THE CANADIAN PRESS

CLASS OF 2015

These five players were elected to the Hockey Hall of Fame on Monday:

Nicklas Lidstrom. 264 goals, 878 assists, 1,564 NHL games

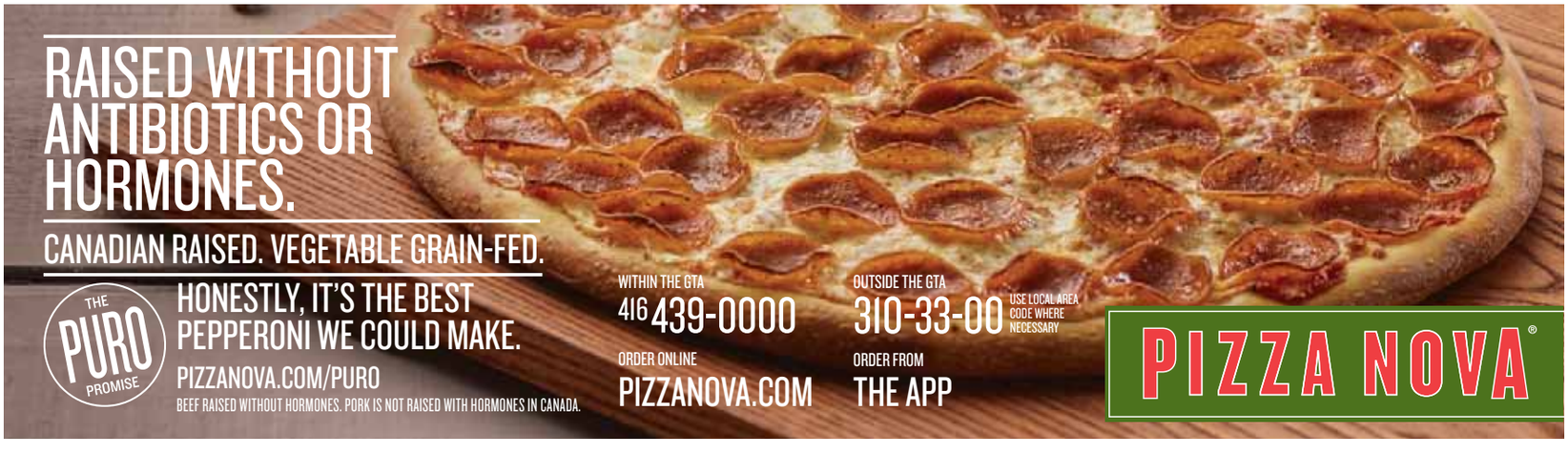
Chris Pronger. 157 goals, 541 assists, 1,167 NHL games



Sergei Federov. 483 goals, 969 assists, 1,248 NHL games

Phil Housley. 338 goals, 894 assists, 1,495 NHL games

Angela Ruggiero. Olympic medals (1 gold, 2 silver, 1 bronze), world championships (4 gold, 6 silver)



IN BRIEF

'Raptors 905' will make D-League debut this season

The Toronto Raptors' new NBA Development League will have a distinct suburban flavour when it makes its debut this season.

Maple Leaf Sports & Entertainment announced Monday that it has purchased an expansion D-League team. It will be named "Raptors 905" and will play out of the Hershey Centre in suburban Mississauga.

The number 905 refers to the area code for cities surrounding downtown Toronto. Minnesota star Andrew Wiggins, teammate Anthony Bennett, Cleveland forward Tristan Thompson and Sacramento guard Nik Stauskas are a few of the NBA players who grew up in the urban sprawl known colloquially as "the 905". THE CANADIAN PRESS

Sam 'was always coming back' to rejoin Alouettes

Michael Sam says the personal issues he had are behind him and he is ready to earn his place on the Montreal Alouettes.

Sam, the prominent openly gay football player, had his first on-field practice with the CFL club Monday after his departure two weeks into training camp. "I was always coming back," said the standout college linebacker who is to play rush end in the CFL. THE CANADIAN PRESS

Vargas stunner takes Chile past 10-man Peru into final

Chile kept alive its hopes of winning the Copa America for the first time with a 2-1 win over 10-man Peru in the semifinals on Monday.

Striker Eduardo Vargas scored a scrappy opener before hammering home the winner with a fine long-range shot in the 64th minute, sending the home-crowd favourites to their first Copa America final in 28 years. The winning goal came only three minutes after Peru equalized with an own goal by defender Gary Medel. Vargas had opened the scoring in the 42nd.

Chile struggled early against its regional rival, but the momentum shifted after Peru defender Carlos Zambrano was sent off only 20 minutes in. Argentina and Paraguay play in the other semifinal on Tuesday. THE ASSOCIATED PRESS

Serena shrugs off slow start in London

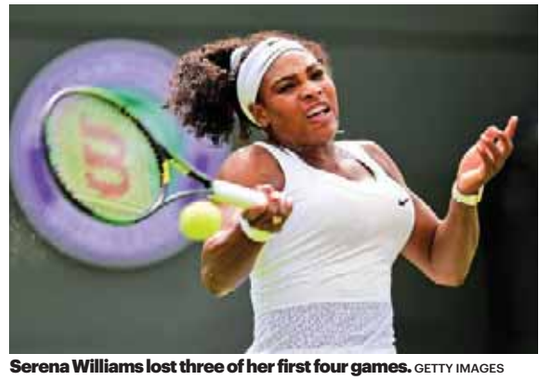
WIMBLEDON

Williams into 2nd round after beating gutsy Gasparyan

As has become customary for Serena Williams of late, she got off to a rocky start.

In her first-round match at Wimbledon on Monday, Williams dropped three of the first four games. She slipped and nearly did the splits, tumbling to the turf. She was warned for using foul language. And, as has also become customary for Williams, she wound up with a victory.

The No. 1-seed extended her pursuit of a fourth consecutive major title and her bid for a calendar-year Grand Slam, too, by taking 11 of the last 13 games to beat 113th-ranked qualifier Margarita Gasparyan 6-4, 6-1. Williams has won her past 22 Grand Slam matches.



Serena Williams lost three of her first four games. GETTY IMAGES

"There are a lot of expectations on her shoulders at the moment," said Williams' coach, Patrick Mouratoglou. "It took her maybe six games to get going. At 3-3, she started to relax and play. And then there was no match."

Gasparyan came in 0-3 in tour-level matches and was making her Wimbledon main-draw debut. "When I (saw) her before match," Gasparyan said, "I thought, 'Oh, my God. I'm playing Serena.'"

Yet the 20-year-old Russian played unafraid at the outset, and her one-handed backhand withstood Williams' power for about a half-hour. Then, Gasparyan explained, Williams began playing "unbelievable," taking five straight games and 22 of 29 points in one stretch.

It was, otherwise, a mostly routine Day 1 for the biggest names on the schedule. Defending champion Novak Djokovic — and the player he lost to in the French Open final this month, No. 4 Stan Wawrinka — won in straight sets.

So did 2004 Wimbledon champion Maria Sharapova and two other major title winners and former No. 1-ranked women, Victoria Azarenka and Ana Ivanovic. THE ASSOCIATED PRESS

RAONIC WINS

Canada's Milos Raonic is through to the second round of Wimbledon after defeating Spain's Daniel Gimeno-Traver 6-2, 6-3, 3-6, 7-6 (4) on Monday.

The hard server from Thornhill fired 25 aces in the win, but had 34 unforced errors and converted three of nine break point opportunities. THE CANADIAN PRESS

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RECIPE Milk Chocolate Fudge Cake

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This delicious yet light cake is a perfect pick for your Canada Day celebrations!

Ready in
Prep time: 15 minutes
Cook time: 25 minutes
Serves: 12

Ingredients
- 1/3 cup milk or semi-sweet chocolate chips
- 1/4 cup hot water
- 1/2 cup packed brown sugar
- 1/2 cup granulated sugar
- 1/3 cup vegetable oil
- 2 eggs
- 2 tsp vanilla extract
- 1/2 cup cocoa powder
- 3/4 cup low-fat sour cream
- 1/4 cup light mayonnaise
- 1 cup all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda

ICING:
- 1/2 cup smooth ricotta cheese
- 1/2 cup light cream cheese
- 3/4 cup icing sugar
- 3 Tbsp cocoa powder
- 1 1/2 Tbsp water

GARNISH:
- Whole strawberries
- Icing sugar
- Melted white chocolate (optional)

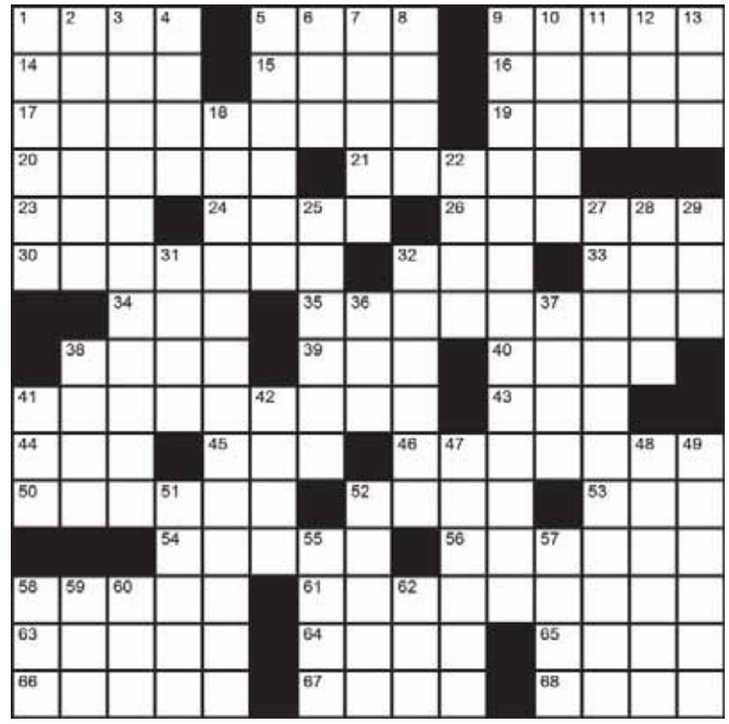
Directions
1. Preheat the oven to 350°F. Lightly coat a Bundt pan with cooking spray.
2. Combine the chocolate chips and hot water in a small bowl. Microwave on High for 30 seconds. Mix until smooth.
3. In a large mixing bowl, combine both sugars, oil, eggs and vanilla with a whisk until smooth. Add the cocoa powder, sour cream, mayonnaise and melted chocolate. Mix until combined. Mix in flour, baking powder and baking soda.
4. To make the icing, purée all the icing ingredients in a food processor until smooth. Ice the top of the cake. Garnish with berries and icing sugar and melted white chocolate, if using.

Nutrition per serving
- Calories 289
- Carbohydrates 36 g
- Fat 12 g
- Cholesterol 33 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cheers!
5. Brendan __ (New Westminster, B.C. born actor)
9. Musical finales
14. By any chance
15. Light bulb meaning
16. Come up
17. Posh area of Montreal
19. SNL part
20. Fix
21. Author Charles' bookish surname
23. Chemical suffix
24. Nero's 53
26. Folk duo, Ian & __
30. Share
32. Mobile buy
33. In use buttons
34. Cereal grass
35. Multi-talented
38. Odd, to a Scot
39. Auction ware
40. Like mesh-like material
41. Ontario village south of North Bay
43. Brother of Shemp
44. "That's __ - _ Quit - I'm Movin' On" by Sam Cooke
45. "__-haw!"
46. Causes
50. Melon variety
52. Peer __, Henrik Ibsen play
53. Services cost
54. Certain coffee
56. Overwhelm with loud noise
58. "Sunset Blvd." (1950) actress Nancy
61. Tenders ...tinier
63. Hammer
64. One of Columbus' ships
65. Coastal flier, variantly
66. Tree bits
67. Singe
68. Net balls in tennis

DOWN
1. Do a better job at prepping the gif
2. Brand for which Jennifer Aniston does TV commercials
3. Flightless marine bird of prehistoric Canadian waters
4. Mlle. cousin
5. Maurice __ ("Cityline" hairstyles expert)
6. College's web address ending, e.g.
7. Quebec tenor Mr. Prieur (b.1893 - d.1970)
8. Grade
9. Halifax stand-up comedian who hosts her own show on APTN: 2 wds.
10. Bay window
11. Think something is groovy
12. Wynonna's actress sis
13. Established
18. Halifax: June 30th - July 7th, 2015... Royal Nova Scotia International Tattoo participants: 2 wds.
22. Ancient Egypt symbols
25. Occupy
27. National Gallery of Canada painting distinguished by its three bold stripes: 3 wds.
28. Internal
29. Character in #52-Across
31. Late: French
32. 'Highway' in a human
36. Unit of energy
37. New Mexico art colony
38. Work __ _ plan (Brainstorm)
41. As written
42. "If _ __ now, I'll be too full for supper."
47. Belovedly win over
48. "You __ bother."
49. Has a gut instinct
51. Tag __
52. "Aladdin" (1992) character
55. Large casks for wine
57. Canadian tech expert, Kris __
58. Check a box
59. Volume setting
60. Fashion designer Anna
62. Type of test on "Maury"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There is something you started but failed to finish. You may think you can just forget about it but it won't be that easy — everything in life must ultimately be paid for.

Taurus April 21 - May 21
Although you are generally quite placid there are times when you vent to your feelings. Those negative emotions that have been building up must be dealt with.

Gemini May 22 - June 21
You will be quite vocal in your condemnation of someone's actions, but before you go accusing them of immoral behaviour remember there are a few skeletons in your own closet you might like to keep hidden!

Cancer June 22 - July 23
With Mars in your sign you have the courage to deal with whatever crisis might arise. Don't fear a rival because they have a reputation. You can be a pretty tough nut yourself.

Leo July 24 - Aug. 23
The change that is about to take place in your life may result in a lot of uncertainty but the planets indicate that when the dust has settled you will realize that, in the long-term, this is a change which will do you nothing but good.

Virgo Aug. 24 - Sept. 23
It is important that you approach people in the right way today. If you come on too strong you may turn colleagues against you.

Libra Sept. 24 - Oct. 23
You may feel that you can take on the world and win and to a degree that's true but there are some people it would be wise to avoid. Someone in a position of authority is looking for an excuse to cut you down.

Scorpio Oct. 24 - Nov. 22
You would be wise to take care when traveling or engaging in potentially dangerous activities over the next few days. Discussing politics and religion is best avoided too!

Sagittarius Nov. 23 - Dec. 21
If you have to say something unpleasant today don't try to sugar coat it. Speak up and let everyone know why you are unhappy — and what they can do to make it better.

Capricorn Dec. 22 - Jan. 20
You won't stand for any kind of nonsense today, either in your personal life or at work. You certainly won't let others, be they friends or rivals, piggyback on your success.

Aquarius Jan. 21 - Feb. 19
Someone will rub you the wrong way and you could lose your temper in a big way. Be careful you don't take your anger out on someone who may one day be in a position of power.

Pisces
Feb. 20 - March 20
Some problems can be resolved by hammering them into submission, but the problem you face now requires a more subtle approach. Use brains, not brawn.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2		3		7		1	
9								2
		8		4		9		
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